



November 2021 Special Programming

IMPORTANT CENTER MEETING – Tuesday, November 2 at 11:00am

All participants encouraged to attend! We'll be sharing important updates and announcements on staffing, operating hours, and more!

**IMPORTANT
INFORMATION**



Join us on the Bus!



To RSVP, visit us online (www.heinebergcsc.org) or call/visit our center.

Times provided are the times the bus will be departing from our Center.

*We charge a minimal fare for social trips to cover cost of gas.

*Shopping trips are all \$3 Suggested donation.

- *Monday, November 15 at 10:30: Williston Goodwill (Stuff a Bag Day) and Karen's Closet \$3
- *Thursday, November 18 at 11:00: Fleming Museum \$3
- *Tuesday, November 23 @ 11:00: Market 32 and TJ Maxx \$3
- *Wednesday, November 30 at 11:00: IHop \$9 (Transportation, lunch, & gratuity)

COMMUNITY RIDES

Our Bus (and driver) is also available for rentals! Any organization serving the 60+ population is encouraged to contact Beth at the center to learn more 863-3982 Ext 3 or hammond@heinebergcsc.org.



Holiday Bazaar

Saturday, November 20 from 9am–2pm

This year's bazaar will be setup as a mini flea market/ craft sale with lunch and bake sale items offered.

We continue to welcome jewelry donations (only).

To reserve your table, please contact Gloria at 863-3505 or greynolds@burlingtontelecom.net

Monthly Menu Mon – Wed 11:00am – 1:00pm

In addition to the savory dish, there will be different pastry offered each day.

November 1 – 3: Chicken Biscuit & Gravy or Egg & Cheese on biscuit.

November 8 & 10: Grilled Cheese and tomato soup combo. (As small thank you, lunch is on us for all Veterans on Veteran's Day)

Tuesday, November 9 at Noon: November Birthday Luncheon: Domino's Pizza (Cheese, Veggie, Pepperoni) \$5 or FREE for participants with November birthdays. (No mini meals served this day)

November 15 – 17: Macaroni & cheese with or without ham.

November 22 – 24: Homemade pizza.

November 29 – December 1: Sandwich week.



NEW PROGRAMS

Indoor walking & games

See calendar to learn which Mondays each month from 1:00 – 2:30pm

Join us to walk loops around our upper level or enjoy a variety of activities such as cornhole, indoor basketball, putting, badminton and more!



Interactive Music

Tuesdays November 14 & 30 at 10:30am

(Also December 14 & 21, the 21st will be a holiday singalong & celebration outside at the Center

Sing, play an instrument (provided), or just listen... join Music Therapist Liana for fun-filled interactive music.

This group is open to everyone, regardless of prior musical training, and it will be tailored to your musical tastes. **Masks required at all times if singing.**

MUSIC
heals
the
soul

Creativity with Camielle

Mondays at 10:15am

Nov 8: Acrylic painting- Still Life with Fruits

Nov 22: Watercolor Holiday Cards



November 2021 Calendar

New Programs
Highlighted in blue

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Novice Tai Chi 11:00 Knitting for a Cause 11:30 & 12:05 *Tech Support (RSVP needed) 11:05 Chair Yoga 12:30 Mahjongg 12:30 Adult Coloring	2 9:45 Balance Class 11:00 IMPORTANT Center Meeting! 12:45 BINGO 1:00 Bone Builders 	3 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	4 9:55 Combo Yoga 10:45 – 11:30 Pre-bagged grocery Distribution 11:00 – 12:00 Coffee Hour 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	5 10:00 Novice Tai Chi 11:00 Tai Chi 
8 10:00 Novice Tai Chi 10:15 Art Class: Acrylic painting- Still Life with Fruits 11:00 Knitting for a Cause 11:05 Chair Yoga 11:30 & 12:05 *Tech Support (RSVP needed) 12:30 Adult Coloring 12:30 Mahjongg 1:00 Book Club (Upper level)	9 9:45 Balance Class 11:45 November Birthday Luncheon 1:00 BINGO 1:00 Bone Builders 	10 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	11 9:55 Combo Yoga 10:45 – 11:30 Pre-bagged grocery Distribution 11:00 – 12:00 Coffee Hour 12:30 Cribbage 1:00 Bone Builders Free lunch for Veterans! 	12 10:00 Novice Tai Chi 11:00 Tai Chi
15 10:00 Novice Tai Chi 10:30 Trip to Goodwill and Karen's Closet 11:00 Knitting for a Cause 11:30 & 12:05 *Tech Support (RSVP needed) 11:05 Chair Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Indoor Walking and Games	16 9:45 Balance Class 10:30 Interactive Music 12:45 BINGO 1:00 Bone Builders	17 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	18 9:55 Combo Yoga 10:45 – 11:30 Pre-bagged grocery Distribution 11:00 Trip to Fleming Museum 11:00 – 12:00 Coffee Hour 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	19 10:00 Novice Tai Chi 11:00 Tai Chi
22 10:00 Novice Tai Chi 10:15 Art Class: Watercolor Holiday Cards 11:00 Knitting for a Cause 11:05 Chair Yoga 11:30 & 12:05 *Tech Support (RSVP needed) 12:30 Mahjongg 12:30 Adult Coloring	23 9:45 Balance Class 11:00 Market 32 and TJ Maxx 12:45 BINGO 1:00 Bone Builders	24 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	25 26 	
29 10:00 Novice Tai Chi 11:00 Knitting for a Cause 11:05 Chair Yoga 11:30 & 12:05 *Tech Support (RSVP needed) 12:30 Mahjongg 12:30 Adult Coloring 1:00 Indoor Walking and Games	30 9:45 Balance Class 10:30 Interactive Music 11:00 Lunch at IHop \$9 12:45 BINGO 1:00 Bone Builders	BUS TRIPS! Reservations Required **Shopping trips are all \$3 Suggested donation. **We charge minimal fares, as listed, to cover bus expenses for social trips.	"MINI MEALS" Available Mon-Wed, 11am – 1pm (Except on days we have special lunches) 	JAZZERCISE Mon, Tues, Wed, Thurs, Fri & Sun 8:30am, 4:30pm Sat- 7:30am, 8:30am This is an independent program. For more info call Michele at 355-0487

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